

1. What age do I need to be to become a FFIT Holidays Member?

14 - 18 years of age.

2. How do I become a member?

Download and print the FFIT Holidays Pre-Exercise Questionnaire (by visiting www.fitnessfirst.com.au/ffit) and fill this out complete with a guardian/parent signature. Call or visit your local club reception to book into the next FFIT Holidays Induction. Bring your completed form with you on the day of the induction. At the induction you will be shown around the club and shown how to use the equipment. At the completion of the induction you will be given a Membership Card with a lanyard and this needs to be swiped at reception upon every visit and worn around the neck at all times whilst in the club.

3. How much does it cost?

It is a free program, there is no cost involved.

4. Can the FFIT Member hire a locker?

They may purchase a locker card for the entire school holiday period (and keep it for subsequent holidays) for \$10. This is an optional payment and students must be reminded that they can use this card for subsequent holiday periods. This card should also be associated with the membership along with their unique FFIT schools membership card (either card can then be used for access). Payment can be made through the till button "FFIT Gantner Card". NOTE: This till button will only appear once the FFIT Member has been brought up on MF and payment is processed under their membership.

5. What do I need to bring with me every time I visit?

Your membership card and lanyard, comfortable clothing, a towel and closed in shoes.

6. What if the FFIT Member loses their Membership Card?

Their details and photo will be checked on Members First and a new FFIT Membership Card may be associated and issued.

7. Can FFIT Members under the age of 16 yrs use the free weights and strength equipment?

No, FFIT Members must be 16 years and over to use the free weights and strength equipment.

8. Can FFIT Members use their membership cards outside of school holiday dates or outside of the specified FFIT times?

No, FFIT Members can only gain access during the specified times during the national school holiday dates.

9. What should we do with the completed Pre-Ex Questionnaire?

Completed Pre-Ex Questionnaires are to be placed alphabetically in the FFIT Holidays Folder and kept at reception. If the FFIT Holidays Folder becomes full a new folder can be set up. The full folder with the forms needs to be filed away at the club for a minimum of 7 years after the students turn 18, so this folder needs to be clearly labelled with "FFIT HOLIDAYS PRE-EX FORMS (and the year) and placed with other archived folders.

10. What is the process for a returning FFIT Holiday Member?

FFIT Members are to bring with them their FFIT Membership Card and lanyard and present this to reception. If they are on Members First there is no need for them to do another induction they can be simply rejoined. If the FFIT Member wants to return but has lost their membership card their details and photo must be checked on Members First and a new card can be associated and rejoined.